

## CURRICULUM VITAE

### 1. PERSONAL DATA

**Name:** Dr.Gopala Krishna  
Alaparathi

**Date of Birth:**11/07/1981

**Place of Birth:** Tenali, Andhra Pradesh, India

**Nationality:** Hindu

**Contact Address:** Department of  
physiotherapy, college of health sciences ,  
university of Sharjah , Sharjah, UAE

**Tel (Mobile):**971504899323

**Email:**gopalalaparathi@gmail.com, galaparathi@sharjah.ae.ac

### 2. ACADEMIC/PROFESSIONAL PARTICULARS

**(a) Field of Specialization:**

(Cardio Pulmonary Sciences) Specialization- (Intensive care unit)

**(b) Academic Qualifications**

**Undergraduate: Bachelor of Physiotherapy (1999-2004), Manipal Academy of Higher Education**

**Postgraduate: Master of Physiotherapy (Cardio Pulmonary Sciences)  
Specialization- (Intensive care unit) (2004-2007) Manipal Academy of Higher Education**

**Doctorate: Ph. D (Doctor of philosophy) (2015) Manipal Academy of Higher Education**

**Topic:** Comparison of Diaphragmatic Breathing Exercise, Volume and Flow Incentive Spirometry, on Diaphragm Excursion and Pulmonary Function in Patients Undergoing Laparoscopic Surgery: A Randomized Controlled Trial

**(c) Academic Honors and Awards**

- Appreciation of his contribution to publications in the years, **2012**, --- Kasturba medical college, Manipal University, Mangalore
- Appreciation of his contribution to publications in the years, **2013**, --- Kasturba medical college, Manipal academy of higher education, Mangalore
- Appreciation of his contribution to publications in the years, **2014**, --- Kasturba medical college, Manipal academy of higher education, Mangaluru
- Appreciation of his contribution to publications in the years, **2015**, --- Kasturba medical college, Manipal academy of higher education, Mangaluru
- **Distinguished alumni award -2017** in appreciation of the distinction achieved by him in profession, continuous service and loyalty to the college give this on 16<sup>th</sup> march 2018.

**(d) Membership of Professional Bodies**

Indian association of physiotherapy **IAP :20221**

**(e) Language Proficiency**

English, Telugu, Hindi, kannada,

**3. CAREER DETAILS**

**(a) Academic Positions Held**

- **Postgraduate teaching experience: 12 years**
- **postgraduate research thesis supervision: 25**
- **postgraduate research thesis supervision undergoing :8**

**Regular Positions held: 2006- to-date**

- July 2006 to July 2007: Kasturba medical college, Manipal University, Mangalore -

-- PG/ tutor (one year)

August 2007 to February 2009: Padmashree Institute of Physiotherapy, Rajiv Gandhi University of Health Sciences, Bangalore, Lecturer (one and half year)

- February 2009 to July 2009: Kasturba medical college, Manipal University, Mangalore-- □ lecturer
- August 2009 to November 2010: Kasturba medical college, Manipal University, Mangalore---Assistant Professor
- December 2010 to August 2012; Kasturba medical college, Manipal University, Mangalore---Assistant Professor Senior Scale
- August 2012 to September 2015: Kasturba medical college, Manipal University, Mangalore--Assistant Professor Selection Grade
- September 2015 to JULY 2019: Kasturba medical college, Manipal University, Mangalore. ----- Associate Professor
- **AUGUST 2019 to Till date** : Assistant professor , University of Sharjah, College of health sciences, department of physiotherapy, Sharjah, UAE

## **(b) Professional/Industrial Positions Held**

### **Clinical experience :12 years**

- Unit in-charge of cardiopulmonary physiotherapy (Intensive care unit, NICU, PICU, MICU, Postoperative, cardiopulmonary rehabilitation) in KMC attavar hospital 2009 - 2011
- Unit in-charge of cardiopulmonary physiotherapy (Intensive care unit, NICU, MICU, CICU, postoperative, cardiopulmonary rehabilitation) in KMC hospital 2011-2014
- Unit in-charge of cardiopulmonary physiotherapy (Intensive care unit, NICU, MICU, CICU, postoperative , cardiopulmonary rehabilitation) in KMC hospital and heart failure clinics 2017 to till date
- Class coordinator of 4th year BPT and– is involved in preparation of class schedule, clinical postings and arranging classes apart from coordinating with the clinical staff of other departments for classes (2012 to till date )

- PG Coordinator of 1<sup>st</sup> MPT and 2<sup>nd</sup> MPT and– is involved in preparation of class schedule, clinical postings and arranging classes apart from coordinating with the clinical staff of other departments for classes 2012 to till date

**(C) Administrative Positions Held**

□ Clinical in charge of Kasturba medical college hospital Attavar (2014- 2017)

**4. Teaching**

**(a) Summary of Courses Taught**

- **Post graduate**--- Physiotherapy in Cardiopulmonary Sciences (INTENSIVE CARE UNIT, CARDIOPULMONARY REHABILITATION)
- **Undergraduate** --- Physiotherapy in cardiopulmonary sciences  
Exercise Physiology, Ethics

**(b) Participation in Academic Accreditation N/A (c) Research Students Supervised/Trained**

<u>Level</u>	<u>Number of Trainees</u>
Postdoctoral Fellows	0
PhD Students	1
Master Students	22
Undergraduate Students	3

**(d) Participation in Thesis and Oral Examination Committees**

<u>Level</u>	<u>Number of Examinations</u>
PhD Students	1
Master Students	25

**(e) Training**

- Master students training in clinics (under supervision in intensive care unit and cardiopulmonary rehabilitation)
- Under graduate students training in clinics (under supervision in intensive care unit and cardiopulmonary rehabilitation)

**5. RESEARCH**

**(a) Research Interests**

- Cardiopulmonary sciences
- Intensive care rehabilitation
- Pulmonary rehabilitation
- Cardiac rehabilitation

**(b) Publications/Citations Data**

<u>Type of Publication</u>	<u>Number of Publications</u>
Articles in International Refereed Journals	5
Conference Papers	5
Books/Book Chapters	nil
Edited Books	nil
Patents	nil
Others (specify)	
<u>Citation Source</u> <u>h index :3</u>	<u>Number of Citations :45</u>

**(c) Research Grants**

□ Instrument grant 30 units of coach 2 device volume incentive spirometry by smiths medical India PVT LTD (DEEPA JYOTHI ENTERPRISES) for research

**(d) Patents nil**

**(e) Participation in Regional & International Conferences**

□ . Invited As A Resource Person For CME/ Workshop In Cardiopulmonary Sciences (Intensive Care Unit and pulmonary rehabilitation) In Various Institutes in all over India

## **6. SERVICE**

**(a) Membership of Institutional, National, or International Scientific Advisory Boards Nil**

**(b) Membership of Conference Committees Nil**

**(c) Service as Reviewer**

- Indian journal of physical therapy and research
- Current respiratory medicine reviews

**(d) Membership of Journal Editorial Boards**

nil

**(e) Invited Presentations at Scientific Meetings/Workshops**

### **Invited as speaker**

- National Workshop on intensive care unit , SOAHS, MANIPAL 2009
- National Workshop on cardiac rehabilitation, manipal, SOAHS 2010
- Workshop on role of physiotherapy in intensive care unit, KMC, MAHE, MANGALORE 2016
- Work shop on Pulmonary rehabilitation KMC, MAHE, MANGALORE 2018
- National workshop on Pulmonary rehabilitation, SOAHS, Bangalore ,2018

- 57<sup>TH</sup> annual CONFERENCE the Indian association of physiotherapists (IAP) ,  
Bangalore 2019

**(d) University Service**

- Question paper setter, internal examiner (MAHE only) and external examiner for various universities in India for UG and PG programs in Physiotherapy

**□ Service to Profession/Industry**

1. Recognized as a Ph.D. EXTERNAL EVALUATOR in Rajiv Gandhi University of Health Sciences, Bangalore, India
2. Recognized as a Ph.D. EXTERNAL CO-Guide in Yenepoya University, Mangalore, India

**(e) Public Service NIL**

**7. List of Publications 27** *(in chronological order, starting with most recent )*

**(Scopus :15)**

1. Hena R ,Alaparathi G.K ,Shyam krishnan k, Rai S, Anand R, Acharya V Acharya P. Cardiorespiratory Responses To Glittre Adl-Test In Bronchiectasis: A Cross Sectional Study. Canadian Respiratory Journal, Volume 2018, Article ID 7470387
2. Nair A, Alaparathi G.K, Shyam krishnan k, Rai S, Anand R, Acharya V, et al Comparison of Diaphragmatic Stretch Technique and Manual Diaphragm Release Technique on Diaphragmatic Excursion in Chronic Obstructive Pulmonary Disease- A Randomized Crossover Trial .Pulmonary Medicine, Volume 2019, Article ID 6364376
3. Paul F,Alaparathi G.K ,Shyam krishnan k, Anand R, Acharya V Acharya P, Reference values for Glittre activities of daily living test in healthy subjects among Indian Population- A Cross Sectional Study Current Respiratory Medicine Reviews 2019 **(accepted)**
4. shruti c, Alaparathi G.K, Shyam Krishnan k, prabhakar A Phase-I cardiac rehabilitation practices among physiotherapists in india - a survey. Bangladesh Journal of Medical Science 2019 **(accepted)**
5. shetty S, Alaparathi G.K, Shyam Krishnan k, Upadya M, prabhakar A, Arun S Comparison of head down tilt vs flat position on mucus clearance and respiratory mechanics in mechanically ventilated patients- a randomized crossover trial. Bangladesh Journal of Medical Science 2019 **(accepted)**

6. Nayak, M., Alaparathi, G. K., Shyam Krishnan, K., Anand, R., & Acharya, V. (2018). Level of patient satisfaction with chest physiotherapy airway clearance techniques in bronchiectasis—a survey. *Indian Journal of Public Health Research and Development*, 9(2), 90-95.
7. Singhal, R. R., Prabhakar, A. J., Shyam Krishnan, K., & Alaparathi, G. K. (2018). Effect of body mass index and age on visual reaction time in recreational badminton players. A cross-sectional study. *Indian Journal of Public Health Research and Development*, 9(4), 11-15.
8. Nigam R, Alaparathi GK, Krishnan SK, Zulfeequer CP. Physiotherapy Practice Patterns for Acute Respiratory Distress Syndrome in Intensive Care Unit in India – A Survey. *Online J Health Allied Scs.* 2017;16(1):8
9. Alaparathi, G. K., Augustine, A. J., Anand, R., & Mahale, A. (2016). Comparison of Diaphragmatic Breathing Exercise, Volume and Flow Incentive Spirometry, on Diaphragm Excursion and Pulmonary Function in Patients Undergoing Laparoscopic Surgery: A Randomized Controlled Trial. *Minimally Invasive Surgery*, 2016.
10. Alaparathi, G. K. (2016). Comparison of Diaphragmatic Excursion During Diaphragmatic Breathing Exercise, Volume and Flow Oriented Incentive Spirometer in Healthy Subjects: A Randomized Cross Over Trial. *Online Journal of Health and Allied Sciences*, 15(3).
11. Kumar, A. S., Alaparathi, G. K., Augustine, A. J., Pazhyaottayil, Z. C., Ramakrishna, A., & Krishnakumar, S. K. (2016). Comparison of Flow and Volume Incentive Spirometry on Pulmonary Function and Exercise Tolerance in Open Abdominal Surgery: A Randomized Clinical Trial. *Journal of clinical and diagnostic research: JCDR*, 10(1), KC01
12. Sultanpuram, S., Alaparathi, G. K., Krishnakumar, S. K., & Ottayil, Z. C. (2016). Physiotherapy Practice Patterns for Management of Patients Undergoing Thoracic Surgeries in India: A Survey. *Surgery Research and Practice*, 2016.
13. Thakrar, R., Alaparathi, G. K., Kumar, S. K. K., Vaishali, K., Zulfeequer, C. P., & Aanad, R. (2014). Awareness in patients with COPD about the disease and pulmonary rehabilitation: A survey. *Lung India: official organ of Indian Chest Society*, 31(2), 134.
14. Alaparathi, G. K., Augustine, A. J., Anand, R., & Mahale, A. (2013). Comparison of flow and volume oriented incentive spirometry on lung function and diaphragm movement after laparoscopic abdominal surgery: A randomized clinical pilot trial. *International Journal of Physiotherapy and Research*, 1(5), 274-278.
15. Chokshi, T., Alaparathi, G. K., Krishnan, S., Vaishali, K., & Zulfeequer, C. P. (2013). Practice patterns of physiotherapists in neonatal intensive care units: A national survey. *Indian journal of critical care medicine: peer-reviewed, official publication of Indian Society of Critical Care Medicine*, 17(6), 359.
16. Suvarna, D., Alaparathi, G. K., Krishnan, S., Anand, R., & Shetty, N. (2013). A comparison of respiratory muscle strength between primigravidae and nulligravidae-A pilot study. *Reviews of Progress*, 1(9), 1-7.



17. Malhotra, A., Alaparathi, G. K., Krishnan, S., & Anand, R. (2013). Pulmonary function test in type 2 diabetes mellitus in Mangalore Indian population: A case control study. *Reviews of Progress*, 1(9), 1-7.
18. Jingar, A., Alaparathi, G. K., Vaishali, K., Krishnan, S., & Unnikrishnan, B. (2013). Clinical management practices adopted by physiotherapists in India for chronic obstructive pulmonary disease: A national survey. *Lung India*, 30(2), 131.
  
19. Krishna, G., Augustine, A. J., Anand, R., & Mahale, A. (2013). Chest physiotherapy during immediate postoperative period among patients undergoing laparoscopic surgery-A Randomized Controlled Pilot Trial. *International Journal of Biomedical and Advance Research*, 4(2), 118-122.
20. Vyas, A., Alaparathi, G. K., Krishnan, S., & Acharya, V. (2012). Comparison of Quake and RC-Cornet for Airway Clearance in Bronchiectasis: A Randomized Crossover Trial. *International Journal of Health Sciences and Research*, 2(6), 20-27.
  
21. Bhosle, P., Alaparathi, G. K., & Krishnan, S. (2012). Functional Balance in Chronic Obstructive Pulmonary Disease: A Case Control Study. *International Journal of Health Sciences and Research*, 2(3), 61-71.
22. Alaparathi, G. K., Krishnan, S., & Anand, R. (2012). Effect of Threshold Positive Expiratory Pressure on Dynamic Hyperinflation & Dyspnea in COPD: A Randomized Cross Over Trial. *International Journal of Health Sciences and Research*, 2(5), 7-16.
  
23. Tedla, J. S., Shenoy, U. V., Jeganathan, P. S., Reddy, R. S. Y., & Gopalakrishna, A. (2012). Normative data for trunk and lower extremity muscle strength by hand held dynamometer for Indian children aged 5-14 years: A cross sectional study. *International Journal of Health Sciences & Research*, 2(6), 1-19.
24. Alaparathi, G. K., Prem, V., Tedla, J. S., & Chakravarthy, K. (2011). Normative Values for Maximal Respiratory Pressures in Subjects Age 20 to 70 Years. A Cross-sectional Study. *Indian Journal of Physiotherapy & Occupational Therapy*, 5(4).
  
25. Prem, V., & Alaparathi, G. K. (2011). Comparison of acapella and rc-cornet for airway clearance in bronchiectasis-A pilot study. *International Journal of Current Research and Review*, 3(11), 138-148.
26. Prem, V., & Alaparathi, G. K. (2011). Effect of Home-based aerobic and combined aerobic-resisted exercise program on glycemic control in type-2 diabetes: A randomized clinical trial. *International Journal of Current Research and Review*, 3(11), 106-115.
  
27. Gopalakrishna, A., Vaishali, K., Prem, V., & Aaron, P. (2011). Normative values for maximal respiratory pressures in an Indian Mangalore population: A cross-sectional pilot study. *Lung India*, 28(4), 247.

**(a) International Refereed Journals (Published or Accepted only!)**

1. Hena R ,Alaparathi G.K ,Shyam krishnan k, Rai S, Anand R, Acharya V Acharya

P.Cardiorespiratory Responses To Glittre Adl-Test In Bronchiectasis: A Cross Sectional Study. Canadian Respiratory Journal, Volume 2018, Article ID 7470387

2 Nair A, Alaparathi G.K, Shyam krishnan k, Rai S, Anand R, Acharya V, et al Comparison of Diaphragmatic Stretch Technique and Manual Diaphragm Release Technique on Diaphragmatic Excursion in Chronic Obstructive Pulmonary Disease- A Randomized Crossover Trial .Pulmonary Medicine, Volume 2019, Article ID 6364376

3. Paul F,Alaparathi G.K ,Shyam krishnan k, Anand R, Acharya V Acharya P, Reference values for Glittre activities of daily living test in healthy subjects among Indian Population- A Cross Sectional Study Current Respiratory Medicine Reviews 2019 **(accepted)**

4. Alaparathi, G. K., Augustine, A. J., Anand, R., & Mahale, A. (2016). Comparison of Diaphragmatic Breathing Exercise, Volume and Flow Incentive Spirometry, on Diaphragm Excursion and Pulmonary Function in Patients Undergoing Laparoscopic Surgery: A Randomized Controlled Trial. *Minimally Invasive Surgery, 2016*

5. Sultanpuram, S., Alaparathi, G. K., Krishnakumar, S. K., & Ottayil, Z. C. (2016). Physiotherapy Practice Patterns for Management of Patients Undergoing Thoracic Surgeries in India: A Survey. *Surgery Research and Practice, 2016*.

### **(b) Conference Papers**

### **(c) Books/Book Chapters NIL (d) Other Publications**

NIL

### **postgraduate research thesis supervision:**

- 1.** Cardiorespiratory Responses To Glittre Adl-Test In Bronchiectasis: A Cross Sectional Study
- 2.** Comparison of Diaphragmatic Stretch Technique and Manual Diaphragm Release Technique on Diaphragmatic Excursion in Chronic Obstructive Pulmonary Disease- A Randomized Crossover Trial
- 3.** Reference values for Glittre activities of daily living test in healthy subjects among Indian Population- A Cross Sectional Study
- 4.** A Phase-I cardiac rehabilitation practices among physiotherapists in india - a survey
- 5.** Comparison of head down tilt vs flat position on mucus clearance and respiratory mechanics in mechanically ventilated patients- a randomized crossover trial
- 6.** Level of patient satisfaction with chest physiotherapy airway clearance techniques in bronchiectasis—a survey

- 7.** Effect of body mass index and age on visual reaction time in recreational badminton players. A cross-sectional study.
- 8.** Physiotherapy Practice Patterns for Acute Respiratory Distress Syndrome in Intensive Care Unit in India – A Survey
  - 9.** Comparison of Diaphragmatic Excursion During Diaphragmatic Breathing Exercise, Volume and Flow Oriented Incentive Spirometer in Healthy Subjects: A Randomized Cross Over Trial
  - 10.** Comparison of Flow and Volume Incentive Spirometry on Pulmonary Function and Exercise Tolerance in Open Abdominal Surgery: A Randomized Clinical Trial.
  - 11.** Physiotherapy Practice Patterns for Management of Patients Undergoing Thoracic Surgeries in India: A Survey
  - 12.** Awareness in patients with COPD about the disease and pulmonary rehabilitation: A survey
  - 13.** Practice patterns of physiotherapists in neonatal intensive care units: A national survey.
  - 14.** A comparison of respiratory muscle strength between primigravidae and nulligravidae-A pilot study
  - 15.** Pulmonary function test in type 2 diabetes mellitus in Mangalore Indian population: A case control study
  - 16.** Clinical management practices adopted by physiotherapists in India for chronic obstructive pulmonary disease: A national survey
  - 17.** Comparison of Quake and RC- Cornet for Airway Clearance in Bronchiectasis: A Randomized Crossover Trial
  - 18.** Functional Balance in Chronic Obstructive Pulmonary Disease: A Case Control Study.
  - 19.** Effect of Threshold Positive Expiratory Pressure on Dynamic Hyperinflation & Dyspnea in COPD: A Randomized Cross Over Trial
  - 20.** Comparison of acapella and rc-cornet for airway clearance in bronchiectasis-A pilot study.
  - 21.** Effect of Home-based aerobic and combined aerobic-resisted exercise program on glycemic control in type-2 diabetes: A randomized clinical trial
  - 22.** Normative values for Harvard step test in Indian population – A cross sectional study

- 23.**Compression of diaphragmatic breathing exercise, flow and volume incentive spirometry on respiratory function in stroke patients: a non randomized trial
- 24.**respiratory muscle strength in healthy indian children of age 7-17 years: a cross sectional study
- 25.**Normative values for Londrina ADL protocol in healthy individuals among Mangalore population- A Cross Sectional Study
- 26.**cardio-pulmonary response to londrina activities of daily living protocol in patients with copd -a cross-sectional study.
- 27.**Comparison of diaphragmatic breathing exercise, flow and volume-oriented incentive spirometry on pulmonary function and functional capacity in patients undergoing coronary artery bypass graft surgery- A randomized clinical trial
- 28.**reference value for the six-minute peg board and ring test- a cross sectional study.
- 29.**effectiveness of structured early mobilization protocol on mobility status of patients in medical intensive care unit